

# KATHY LAHR

WRITER, EDUCATOR &  
PUBLIC HEALTH ADVOCATE

## MEDIA KIT

### WHO I AM

A city girl from Chicago who put herself through college, then worked in the healthcare industry for 10 years before becoming a university professor and taking a leap of faith into entrepreneurship.

### WHAT I HAVE DONE

I am an award-winning writer, educator, reformer, and health advocate, I hold an MBA and am an inductee of Sigma Beta Delta, the National Honor Society in Business, Management, and Administration. As an Adjunct Professor, I became very passionate about educating the community about health policy and the current social issues that plague the industry. My passion for public health has given me appointment by a former Illinois Governor on the State Health Improvement Planning and Healthy Illinois 2021 Planning councils where I hope to positively influence health policy.

### WHAT I DO

Promote the practice of strategic awareness by creating content to educate, recognize our inherent problems, express our unique purpose, and synergize to advance humanity. I advocate for awareness, transparency, and system reform.

### WHY I'M HERE

I believe that each person and organization has a unique role as part of a wider global community to create a peaceful, sustainable, loving presence on Earth, but we cannot begin to play that role until we become more mindful and aware of our impacts on each other in community.

Download my press release to learn more about my book *What The U.S. Healthcare System Doesn't Want You To Know, Why, And How You Can Do Something About It*.

Read my heavily researched editorials at [www.medium.com/to-err-is-healthcare](http://www.medium.com/to-err-is-healthcare).



## WEBSITES & PROJECTS

[www.informedhealthconsumer.com](http://www.informedhealthconsumer.com)  
[www.toerrishealthcare.com](http://www.toerrishealthcare.com)  
[www.thoughtcollection.org](http://www.thoughtcollection.org)  
[www.thoughtnotebook.org](http://www.thoughtnotebook.org)

## SOCIAL MEDIA

*LinkedIn*

[www.linkedin.com/in/kathylahr](http://www.linkedin.com/in/kathylahr)

*Twitter*

<https://twitter.com/thoughtnotebook>

*Instagram*

<https://www.instagram.com/kat.lahr>

*Facebook*

<https://www.facebook.com/groups/informedhealthconsumer>

## AWARDS

2020

**Finalist in Health/Medicine and Social Issues**

IAN Book of the Year Awards

2020

**Winner in Nonfiction Interior Design**  
Indie Excellence Awards

2016

**Finalist in Philosophy Category**  
Indie Excellence Awards

2015

**Bronze Medal Anthology Category**  
eLit Book Awards

2015

**Gold Medal Science Category**  
eLit Book Awards

2015

**Finalist in Non-Fiction and New Age Categories**

Next Generation Indie Book Awards